

PERBEDAAN PHYSICAL ACTIVITY REMAJA BERDASARKAN GENDER
SKRIPSI

Diajukan untuk Memenuhi Sebagian Syarat Mendapatkan Gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



oleh
Fadhil Purdian Nugroho
NIM 1601903

PROGRAM STUDI
ILMU KEOLAHRAGAAN
FAKULTAS PENDIDIKAN OLAAHRAGA DAN KESEHATAN
UNIVERSITAS PENDIDIKAN INDONESIA
2020

HAK CIPTA

PERBEDAAN PHYSICAL ACTIVITY REMAJA BERDASARKAN GENDER

Oleh:
Fadhil Purdian Nugroho

Skripsi yang diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Sarjana Olahraga (S1) pada Fakultas Pendidikan Olahraga dan Kesehatan
Program Studi Ilmu Keolahragaan

© Fadhil Purdian Nugroho 2020
Universitas Pendidikan Indonesia
Agustus 2020

Hak Cipta dilindungi undang-undang.

Skripsi ini tidak boleh diperbanyak seluruhnya atau sebagian,
dengan dicetak ulang, difotokopi, atau cara lainnya tanpa izin dari penulis.

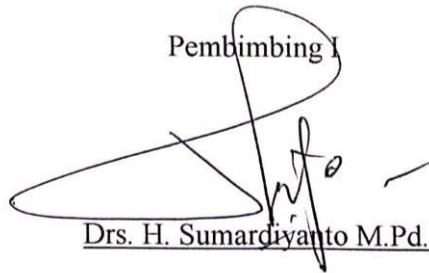
HALAMAN PENGESAHAN

FADHIL PURDIAN NUGROHO

PERBEDAAN *PHYSICAL ACTIVITY* REMAJA BERDASARKAN *GENDER*

diajukan dan disahkan oleh pembimbing:

Pembimbing I



Drs. H. Sumardiyanto M.Pd.

NIP. 19621222 198703 1 002

Pembimbing II



Jajat, S.Si., M.Pd

NIPT. 9202001 19810529 101

Mengetahui

Ketua Departemen Pendidikan Kesehatan dan Rekreasi



Mustika Fitri, M.Pd., Ph.D

NIP. 19681220 199802 2 001

Fadhil Purdian Nugroho, 2020

PERBEDAAN *PHYSICAL ACTIVITY* REMAJA BERDASARKAN *GENDER*

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

ABSTRAK

PERBEDAAN PHYSICAL ACTIVITY REMAJA BERDASARKAN GENDER

FADHIL PURDIAN NUGROHO
1601903

Dosen Pembimbing I : Drs. H. Sumardiyanto M.Pd.

Dosen Pembimbing II : Jajat, S.Si., M.Pd.

Aktifitas fisik penting untuk kesehatan fisik atau mental dan juga diakui sebagai target penting dalam pencegahan penyakit berbahaya, sangat penting untuk mempromosikan gaya hidup aktif secara fisik di kalangan remaja telah mendorong pengembangan berbagai strategi untuk meningkatkan kesehatan. Ternyata aktifitas fisik berdasarkan gender sebagian besar perbedaan diduga disebabkan oleh lingkungan sebelum pubertas tetapi sebenarnya bisa juga dipengaruhi oleh lingkungan biologis setelah pubertas. Maka tujuan dari penelitian ini yaitu untuk mengkaji apakah terdapat perbedaan *physical activity* berdasarkan *gender* pada remaja. Metode yang digunakan *Causal Comparative* dengan populasi penelitian ini adalah mahasiswa Universitas Pendidikan Indonesia berjenis kelamin laki-laki dan perempuan. Menggunakan sampel sebanyak 105 orang mahasiswa tingkat 1 dan 2 Universitas Pendidikan Indonesia di Bandung. Penelitian ini adalah menggunakan kuesioner *GPAQ (Global Physical Activity Questionnaire)*. Hasil dari penelitian dengan nilai sig. $0.000 < 0.05$, maka H_0 ditolak. Dapat disimpulkan bahwa terdapat perbedaan *Physical Activity* Dengan *Gender*.

Kata Kunci: physical activity, remaja, gender.

ABSTRACT

DIFFERENCES OF ADOLESCENT PHYSICAL ACTIVITIES BASED ON GENDER

FADHIL PURDIAN NUGROHO 1601903

Adviser I: Drs. H. Sumardiyanto M.Pd.

Supervisor II : jajet, S.Si., M.Pd.

Physical activity is important for physical or mental health and is also recognized as an important target in the prevention of dangerous diseases, it is very important to promote a physically active lifestyle among adolescents has prompted the development of various strategies to improve health. It turns out that physical activity based on gender is mostly thought to be caused by the environment before puberty but in fact it can also be influenced by the biological environment after puberty. So the purpose of this study is to examine whether there are differences in physical activity based on gender in adolescents. Method used was Causal Comparative with the population of this study were students at the University of Education of Indonesia, male and female. Using a sample of 105 students from the first and second level of the Indonesian Education Universitas in Bandung. This study uses the GPAQ (Global Physical Activity Questionnaire) questionnaire. The results of research with a sig. $0.000 < 0.05$, then H_0 is rejected. It can be concluded that there are differences in Physical Activity with Gender.

Keyword: physical activity, adolescent, gender.

DAFTAR ISI

HAK CIPTA	i
HALAMAN PENGESAHAN	ii
HALAMAN PERNYATAAN KEASLIAN SKRIPSI	iii
KATA PENGANTAR	iv
ABSTRAK	vii
ABSTRACT	viii
DAFTAR ISI	ix
BAB I	1
PENDAHULUAN	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah Penelitian	4
1.3 Tujuan Penelitian	5
1.4 Manfaat Penelitian	5
1.5 Struktur Organisasi Penelitian	5
BAB II	7
KAJIAN PUSTAKA	7
2.1 Physical Activity	7
2.1.1 Jenis Kegiatan dalam Aktivitas fisik	8
2.1.2 Faktor Dan Kondisi yang Mempengaruhi Aktivitas Fisik	9
2.2 Teori FITT	10
2.3 Remaja	12
2.4 Gender	13
2.5 Penelitian Terdahulu Yang Relevan	14
2.6 Hipotesis Penelitian	16
BAB III	17
METODE PENELITIAN	17
3.1 Desain Penelitian	17
3.2 Partisipan	17
3.3 Populasi Dan Sampel	18
3.3.1 Populasi Penelitian	18
3.3.2 Sampel Penelitian	18

Fadhil Purdian Nugroho, 2020

PERBEDAAN PHYSICAL ACTIVITY REMAJA BERDASARKAN GENDER

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

3.4 Instrument Penelitian	18
3.5 Prosedur Penelitian.....	18
3.6 Teknik Analisis Data.....	19
3.6.1 Deskriptif Data.....	20
3.6.2 Uji Normalitas Data	20
3.6.4 Uji Homogenitas Data.....	21
3.7 Uji Hipotesis	21
BAB IV.....	22
TEMUAN DAN PEMBAHASAN	22
4.1 Temuan	22
4.1.1 Deskripsi Data.....	22
4.1.2 Uji Normalitas	22
4.1.3 Uji Homogenitas	23
4.1.4 Uji Hipotesis	24
4.2 Pembahasan Temuan Penelitian.....	24
BAB V.....	26
SIMPULAN, IMPLIKASI DAN REKOMENDASI.....	26
5.1 Simpulan	26
5.2 Implikasi dan Rekomendasi	26
5.2.1 Implikasi	26
DAFTAR PUSTAKA	27
LAMPIRAN.....	33
DAFTAR RIWAYAT HIDUP	43

DAFTAR TABEL

Tabel 2.1 Jenis Kegiatan dalam Aktivitas Fisik.....	8
Tabel 2.2 Intensitas Aktifitas Fisik	11
Tabel 4.1 Deskripsi Data.....	22
Tabel 4.2 Uji Normalitas Data	23
Tabel 4.3 Uji Homogenitas Data.....	23
Tabel 4.4 Uji Non-Parametrik Man-Whiney Test.....	24

DAFTAR GAMBAR

Gambar 3.1 Desain Penelitian.....	17
Gambar 3.5 Prosedur Penelitian.....	19

DAFTAR LAMPIRAN

Lampiran 1. Persetujuan Pembimbing	33
Lampiran 2. kuesioner Global Physical Activity Questionnaire (GPAQ)	34
Lampiran 3. Surat Keterangan Pembimbing	36
Lampiran 4. Hasil Menggunakan SPSS	39
Lampiran 5. Kartu Bimbingan	42

DAFTAR PUSTAKA

- Al-Hazzaa, H. M., Abahussain, N. A., Al-Sobayel, H. I., Qahwaji, D. M., & Musaiger, A. O. (2011). Physical activity, sedentary behaviors and dietary habits among Saudi adolescents relative to age, gender and region. *International Journal of Behavioral Nutrition and Physical Activity*, 8. <https://doi.org/10.1186/1479-5868-8-140>
- Allafi, A., Al-Haifi, A. R., Al-Fayez, M. A., Al-Athari, B. I., Al-Ajmi, F. A., Al-Hazzaa, H. M., ... Ahmed, F. (2014). Physical activity, sedentary behaviours and dietary habits among Kuwaiti adolescents: Gender differences. *Public Health Nutrition*, 17(9), 2045–2052. <https://doi.org/10.1017/S1368980013002218>
- Amin, M. Al, & Juniati, D. (2017). Klasifikasi Kelompok Umur Manusia Berdasarkan Analisis Dimensi Fraktal Box Counting Dari Citra Wajah Dengan Deteksi Tepi Canny. *Jurnal Ilmiah Matematika (MATHunesa)*, 2(6), 1–10.
- Arbain, J., Azizah, N., & Sari, I. N. (2017). PEMIKIRAN GENDER MENURUT PARA AHLI: Telaah atas Pemikiran Amina Wadud Muhsin, Asghar Ali Engineer, dan Mansour Fakih. *Sawwa: Jurnal Studi Gender*, 11(1), 75. <https://doi.org/10.21580/sa.v11i1.1447>
- Azevedo, M. R., Araújo, C. L. P., Reichert, F. F., Siqueira, F. V., da Silva, M. C., & Hallal, P. C. (2007). Gender differences in leisure-time physical activity. *International Journal of Public Health*, 52(1), 8–15. <https://doi.org/10.1007/s00038-006-5062-1>
- Bassett, D. R., Troiano, R. P., Mcclain, J. J., & Wolff, D. L. (2015). Accelerometer-based physical activity: Total volume per day and standardized measures. *Medicine and Science in Sports and Exercise*, 47(4), 833–838. <https://doi.org/10.1249/MSS.0000000000000468>
- Bauman, A., & Craig, C. L. (2005). The place of physical activity in the WHO Global Strategy on Diet and Physical Activity. *International Journal of Behavioral Nutrition and Physical Activity*, 2, 1–6. <https://doi.org/10.1186/1479-5868-2-10>
- Bredland, E. L., Magnus, E., & Vik, K. (2015). Physical activity patterns in older men. *Physical and Occupational Therapy in Geriatrics*, 33(1), 87–102. <https://doi.org/10.3109/02703181.2014.995855>

- Bull, F. C., Maslin, T. S., & Armstrong, T. (2009). Global physical activity questionnaire (GPAQ): Nine country reliability and validity study. *Journal of Physical Activity and Health*, 6(6), 790–804. <https://doi.org/10.1123/jpah.6.6.790>
- Cleland, C. L., Hunter, R. F., Kee, F., Cupples, M. E., Sallis, J. F., & Tully, M. A. (2014). Validity of the Global Physical Activity Questionnaire (GPAQ) in assessing levels and change in moderate-vigorous physical activity and sedentary behaviour. *BMC Public Health*, 14(1), 1–11. <https://doi.org/10.1186/1471-2458-14-1255>
- Cox, N. S., & Holland, A. E. (2019). Current perspectives of physical activity in cystic fibrosis. *Expert Review of Respiratory Medicine*, 13(1), 13–22. <https://doi.org/10.1080/17476348.2019.1552833>
- DeWolfe, C. E. J., Watt, M. C., Romero-Sanchiz, P., & Stewart, S. H. (2018). Gender differences in physical activity are partially explained by anxiety sensitivity in post-secondary students. *Journal of American College Health*, 0(0), 1–4. <https://doi.org/10.1080/07448481.2018.1549048>
- Douma, J. A. J., Verdonck-de Leeuw, I. M., Leemans, C. R., Jansen, F., Langendijk, J. A., Baatenburg de Jong, R. J., ... Buffart, L. M. (2019). Demographic, clinical and lifestyle-related correlates of accelerometer assessed physical activity and fitness in newly diagnosed patients with head and neck cancer. *Acta Oncologica*, 0(0), 1–9. <https://doi.org/10.1080/0284186X.2019.1675906>
- Education, N. A. for S. and P., Ayers, S. F., & Sariscsany, M. J. (2010). *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide*. 339. Retrieved from http://books.google.com/books?id=1TksU4kv_zYC&pgis=1
- Emerenziani, G. Pietro, Migliaccio, S., Gallotta, M. C., Lenzi, A., Baldari, C., & Guidetti, L. (2013). Physical exercise intensity prescription to improve health and fitness in overweight and obese subjects: A review of the literature. *Health*, 05(06), 113–121. <https://doi.org/10.4236/health.2013.56a2017>
- Erving, C. L. (2011). Gender and physical health: A study of African American and Caribbean black adults. *Journal of Health and Social Behavior*, 52(3), 383–399. <https://doi.org/10.1177/0022146511415857>
- Eveland-Sayers, B. M., Farley, R. S., Fuller, D. K., Morgan, D. W., & Caputo, J. L. (2007). *Physical Fitness and Academic Achievement in Elementary School Children*.

- Medicine & Science in Sports & Exercise, 39(Supplement), S399.
<https://doi.org/10.1249/01.mss.0000274573.54238.aa>
- Field, A. P., & Gillett, R. (2010). How to do a meta-analysis. *British Journal of Mathematical and Statistical Psychology*, 63(3), 665–694.
<https://doi.org/10.1348/000711010X502733>
- Fraenkel, J. R., Wallen, N. ., & Hyun, W. . (2012a). *how to design and evaluate research in education*.
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2012b). *How To Design And Evaluate Research In Education* (M. Ryan, ed.). United States: The McGraw-Hill Companies.
- Haapala, E. A., Väistö, J., Lintu, N., Tompuri, T., Brage, S., Westgate, K., ... Lakka, T. A. (2016). Adiposity, physical activity and neuromuscular performance in children. *Journal of Sports Sciences*, 34(18), 1699–1706. <https://doi.org/10.1080/02640414.2015.1134805>
- Hamrik, Z., Sigmundová, D., Kalman, M., Pavelka, J., & Sigmund, E. (2014). Physical activity and sedentary behaviour in Czech adults: Results from the GPAQ study. *European Journal of Sport Science*, 14(2), 193–198. <https://doi.org/10.1080/17461391.2013.822565>
- Hasanah, U., & Musyafak, N. (2017). *GENDER AND POLITICS : Keterlibatan Perempuan dalam Pembangunan Politik*. 12, 409–432.
- Healthy Children. (2011). The FITT Plan for Physical Activity.
- Herrmann, S. D., Heumann, K. J., Der Ananian, C. A., & Ainsworth, B. E. (2013). Validity and reliability of the global physical activity questionnaire (GPAQ). *Measurement in Physical Education and Exercise Science*, 17(3), 221–235.
<https://doi.org/10.1080/1091367X.2013.805139>
- Jose, K. A., Cleland, V. J., Venn, A. J., & Hansen, E. (2013). Young adult perceptions of Australia’s physical activity recommendations for adults. *Health Promotion Journal of Australia*, 24(3), 199–205. <https://doi.org/10.1071/HE13041>
- Katzmarzyk, P. T., Baur, L. A., Blair, S. N., Lambert, E. V., Oppert, J. M., & Riddoch, C. (2008). International conference on physical activity and obesity in children: Summary statement and recommendations. *International Journal of Pediatric Obesity*, 3(1), 3–21.
<https://doi.org/10.1080/17477160701789679>
- Katzmarzyk, P. T., & Mason, C. (2009). Katzmarzyk & Mason_2009_The Physical Activity Transition. *Journal of Physical Activity and Health*, 6(1), 269–280.

- Kemenkes RI. (2013). *Infodatin Pembinaan Olahraga di Indonesia* (p. 8). p. 8.
- Khiyarusoleh, U. (2016). Kata kunci: konsep dasar, perkembangan kognitif, Jean Piaget. *Dialektika Jurusan PGSD*, 5(1), 1–10.
- Khuza'i, M. (2012). Problem Definisi Gender: Kajian Atas Konsep Nature Dan Nurture. *Kalimah*, 11(1), 102. <https://doi.org/10.21111/klm.v11i1.486>
- Kilgour, L., & Parker, A. (2013). Gender, physical activity and fear: Women, exercise and the great outdoors. *Qualitative Research in Sport, Exercise and Health*, 5(1), 43–57. <https://doi.org/10.1080/2159676X.2012.718619>
- Martín-Matillas, M., Ortega, F. B., Chillón, P., Pérez, I. J., Ruiz, J. R., Castillo, R., ... Tercedor, P. (2011). Physical activity among Spanish adolescents: Relationship with their relatives' physical activity - The AVENA Study. *Journal of Sports Sciences*, 29(4), 329–336. <https://doi.org/10.1080/02640414.2010.523091>
- Mendonça, G., & Farias Júnior, J. C. de. (2015). Physical activity and social support in adolescents: analysis of different types and sources of social support. *Journal of Sports Sciences*, 33(18), 1942–1951. <https://doi.org/10.1080/02640414.2015.1020842>
- Ministry of Health RI. (2017). Infodatin Reproduksi Remaja-Ed.Pdf. *Situasi Kesehatan Reproduksi Remaja*, p. 1. Retrieved from https://www.kemkes.go.id/download.php?file=download/pusdatin/infodatin/infodatin_reproduksi_remaja-ed.pdf
- Muzakkir, M. (2018). MEMBINCANG RELASI GENDER DALAM PERSPEKTIF KOMUNIKASI (Studi Kasus Terhadap Public Speaking Versus Private Speaking di Aceh Barat). *SOURCE: Jurnal Ilmu Komunikasi*, 4(1), 13–25. <https://doi.org/10.35308/source.v4i1.917>
- Noonan, R. J., Boddy, L. M., Fairclough, S. J., & Knowles, Z. R. (2017). Parental perceptions on childrens out-of-school physical activity and family-based physical activity. *Early Child Development and Care*, 187(12), 1909–1924. <https://doi.org/10.1080/03004430.2016.1194409>
- Pallant, J. (2007). SPSS survival manual, 3rd. Edition. *McGrath Hill*, 283. Pallant, J. (2010). Survival Manual. In *McGraw-Hill Education*.
- Pearson, J. C., & VanHorn, S. B. (2004). Communication and gender identity: A retrospective analysis. *International Journal of Phytoremediation*, 52(3), 284–

299. <https://doi.org/10.1080/01463370409370198>

- Pratiwi, N., & Basuki, H. (2012). Hubungan Karakteristik Remaja Terkait Risiko Penularan Hiv-Aids Dan Perilaku Seks Tidak Aman Diindonesia. *Buletin Penelitian Sistem Kesehatan*, 14(4 Okt). <https://doi.org/10.22435/bpsk.v14i4>
- Racette, S. B., Cade, W. T., & Beckmann, L. R. (2010). School-Based Physical Activity and Fitness Promotion. *Physical Therapy*, 90(9), 1214–1218. <https://doi.org/10.2522/ptj.20100039>
- Saputro, Z. khamim. (2017). Aplikasia: Jurnal aplikasi ilmu-ilmu agama (memahami ciri dan tugas perkembangan masa remaja). *Jurnal Aplikasi Ilmu Ilmu Agama*, Volume 17(No 1), 25–32.
- Saunders, T. J., Gray, C. E., Poitras, V. J., Chaput, J. P., Janssen, I., Katzmarzyk, P. T., ... Carson, V. (2016). Combinations of physical activity, sedentary behaviour and sleep: Relationships with health indicators in school-aged children and youth. *Applied Physiology, Nutrition and Metabolism*, 41(6), S283–S293. <https://doi.org/10.1139/apnm-2015-0626>
- Seabra, A. C., Seabra, A. F., Mendonça, D. M., Brustad, R., Maia, J. A., Fonseca, A. M., & Malina, R. M. (2013). Psychosocial correlates of physical activity in school children aged 8-10 years. *European Journal of Public Health*, 23(5), 794–798. <https://doi.org/10.1093/eurpub/cks149>
- Semarang, N., Memanfaatkan, D., & Luang, W. (2016). Analisis Aktivitas Fisik Dan Aktivitas Belajar Pada Mahasiswa Fakultas Ilmu Keolahragaan Universitas Negeri Semarang Dalam Memanfaatkan Waktu Luang. *JSSF (Journal of Sport Science and Fitness)*, 4(4), 34–37.
- Taras, H. (2005). Physical activity and student performance at school. *Journal of School Health*, 75(6), 214–218. <https://doi.org/10.1111/j.1746-1561.2005.00026.x>
- Thomas, J. R., & Thomas, K. T. (1988). Development of gender differences in physical activity. *Quest*, 40(3), 219–229. <https://doi.org/10.1080/00336297.1988.10483902>
- Tomaz, S. A., Lambert, E. V., Karpul, D., & Kolbe-Alexander, T. L. (2016). Cardiovascular fitness is associated with bias between self-reported and objectively measured physical activity. *European Journal of Sport Science*, 16(1), 149–157. <https://doi.org/10.1080/17461391.2014.987323>

- University, R. D. C. (1987). Person-Environment Fit Theory and Organizations: Commensurate Dimensions, Time Perspectives, and Mechanisms. *Journal of Vocational Behavior*, 31(1), 278–267. [https://doi.org/10.1016/0001-8791\(87\)90042-X](https://doi.org/10.1016/0001-8791(87)90042-X) T4 - Commensurate dimensions, time perspectives, and mechanisms M4 - Citavi
- Verloigne, M., Van Lippevelde, W., Maes, L., Yildirim, M., Chinapaw, M., Manios, Y., ... De Bourdeaudhuij, I. (2012). Levels of physical activity and sedentary time among 10- to 12-year-old boys and girls across 5 European countries using accelerometers: An observational study within the ENERGY- project. *International Journal of Behavioral Nutrition and Physical Activity*, 9, 1–8. <https://doi.org/10.1186/1479-5868-9-34>
- Welk, G. J. (2008). The role of physical activity assessments for school-based physical activity promotion. *Measurement in Physical Education and Exercise Science*, 12(3), 184–206. <https://doi.org/10.1080/10913670802216130>
- WHO. (2012). Global Physical Activity Questionnaire (GPAQ) Analysis Guide. *Geneva: World Health Organization*, 1–22. Retrieved from [http://scholar.google.com/scholar?hl=en&btnG=Search&q=intitle:Global+Physical+Activity+Questionnaire+\(GPAQ\)+Analysis+Guide#1](http://scholar.google.com/scholar?hl=en&btnG=Search&q=intitle:Global+Physical+Activity+Questionnaire+(GPAQ)+Analysis+Guide#1)